

**Supplementary file 1: Participant interview questions****Focus:**

What is the experience of people living with low muscle mass?

What are the preferences for nutrition and exercise intervention to manage muscle loss?

**Questions:**

1. Can you tell me about your overall experience of your chemo-radiotherapy treatment?
2. How did you feel you coped with your treatment?
3. Were there any issues with your strength (or stamina) during or after treatment?
  - a. If so, how did this affect you day to day?
  - b. Prompt: Were you able to do the things you usually do?
4. Were you given any advice about improving/ maintaining your strength or doing exercise while you were having treatment?
  - a. If so, can you describe who provided the advice and the impact it had on you?
5. Were there any issues with your ability to eat and drink during or after treatment?
  - a. If so, how did this affect you day to day?
  - b. Prompt: Were there any issues with shopping or preparing meals?
6. Were you given any advice about eating while you were having treatment?
  - a. If so, can you describe who provided the advice and the impact it had on you?
7. Can you tell me about your awareness and views on the role of nutrition and exercise in your treatment?
8. At what time (before, during or after treatment) would advice about nutrition and exercise have been most helpful to you?
  - a. Prompt: When would you be receptive to this advice?
  - b. Prompt: Does this differ for nutrition compared to exercise?
9. How would you prefer to receive advice and support to improve nutrition and exercise?
  - a. Prompt: Individually? From multiple clinicians?
10. How do you feel about technology supported advice/ programs, e.g. apps or website?
  - a. Prompt: Would this be feasible while you are having treatment?